

GOBIND MARG

**THE MONTHLY BULLETIN OF
GURDWARA SRI GURU SINGH SABHA – HOUNSLOW**

JUNE 2020 – VOL XXVII ISSUE 6



Fateh Burj, the War Memorial at Chappar Chiri, Mohali is a befitting tribute to Baba Banda Singh Bahadur, the brave Sikh warrior under whose command the Battle of Chappar Chiri was fought and decisively won in May 1710. At 328-ft tall, it is the tallest religious tower in India.



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of The True Guru

**Monday - Saturday
(Excluding Tuesdays)**

AM

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

PM

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Sundays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib
9.00	Kirtan
9.45	Ardass
10.00	Youth Kirtan
11.00	Kirtan

Tuesdays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

PM

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

PM

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Please Note

During the current restricted services of the Gurdwara in compliance with the government requirement, these services are suspended.



ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥



GURDWARA SRI GURU SINGH SABHA

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Tel: 020 8814 2793 Fax: 020 8577 6714 Email: khalsa@sgss.org
web site: <http://www.sgss.org>

Registered as a place of worship under the Worship Registration
Act 1855 No. on Register 75990

Registered Charity No. 83314

Inland Revenue Ref. CC 15570

June 2020

Important Days	Event/ Guru Sahib	Nanakshahi Calendar Day
Pooranmashi/ Purnima	Full Moon	5 June
Sangrand - ਜਾਂਤ੍ਰ	Beginning of New Month	15 June
Massia	No Moon (Dark Night)	26 June
Important Sikh Dates		
Attack on Harmandar Sahib	Darbar Sahib Amritsar	6 June
Shahidi Guru Arjan Dev ji	Guru Arjan Dev ji	16 June
Shahidi Baba Banda Singh Bahadur	Baba Banda Singh Bahadur	25 June

Activities, Facilities and Education Classes

Please note. The Gurdwara services have been suspended for the duration of the government Corona virus (Covid-19) restrictions. Normal services will be resumed gradually after the lockdown is relaxed and the Gurdwara returns to normal operation.

General enquires: Tel 020 8577 2793, or email khalsa@sgss.org

Marriage enquires: Please do not call the unmanned office. Email marriages@sgss.org

General Secretary's Report

The sky is blue and the sun shines down brilliantly but the people can only see and feel from the inside of their homes. The fear of the Coronavirus, Covid-19, has forced the world into the safety and seclusion of the lockdown. Our gurdwara is no exception but the committee has been discharging its duties as best as it can. The Gurdwara lines are kept open to members of the Sangat seeking a religious service, information, or guidance. Our committee and some dedicated sevadars are executing these duties in a most satisfactory manner. From the number of telephone calls received we appreciate how eager the Sangat is to see their Gurdwara reopen.

It is now pleasing to note that the lockdown is being gradually eased by the government. We are keenly looking forward to the dates when the restrictions on places of worship would be relaxed. However, it devolves upon all of us to pay heed to the rules and fully adhere to the re-open instructions and guidelines. We all need to observe caution.

We are planning a phased reopening of the Gurdwara in accordance with government announcements during June and July. The Gurdwara committee will decide how to safely admit the Sangat. During the gradual re-opening, we will not in any way compromise the safety of our Sangat, and the wider community, by ensuring that all the government guidelines to prevent infection, such as social distancing and hygiene matters have been put in place, and tested, well before the Gurdwara reopens. In the early days, for their own safety, the Sangat will be advised to spend minimal time within the Gurdwara.

The atmosphere would not be quite the same as we had before, at least in the foreseeable future. We pray to Guru Sahib to guide us to an acceptable and practicable compromise.

We are very happy to have Giani Karnail Singh ji back with us. He had been stranded in India due to the onset of Coronavirus during his visit there.

Our Sikhs are involved in various humanitarian tasks particularly in this situation. If you have a story to tell us about anybody, please contact us; we will be very happy and proud to print it.

Show Your Gratitude

You can help by showing your gratitude to the NHS workers who are putting their own lives at risk in order to save others. Please donate to a special fundraising project 'Crisis Support'. 100% of your donation will be sent to NHS projects.

By Online Bank Transfer

Account Name: Crisis Support, Sort Code: 20-96-55, Account Number: 03226565

By Cheque

Payable to 'Crisis Support Account', cheques should be posted to:

Gurdwara Sri Guru Singh Sabha Hounslow, Alice Way, Hounslow TW3 3UD.

ਜਪੁਜੀ ਸਾਹਿਬ

ਸਲੋਕੁ ॥

ਪਵਣੁ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ ॥
ਦਿਵਸੁ ਰਾਤਿ ਦੁਇ ਦਾਈ ਦਾਇਆ ਖੇਲੈ ਸਗਲ ਜਗਤੁ ॥
ਚੰਗਿਆਈਆ ਬੁਰਿਆਈਆ ਵਾਚੈ ਧਰਮੁ ਹਦੂਰਿ ॥
ਕਰਮੀ ਆਪੇ ਆਪਣੀ ਕੇ ਨੇੜੈ ਕੇ ਦੂਰਿ ॥
ਜਿਨੀ ਨਾਮੁ ਧਿਆਇਆ ਗਏ ਮਸਕਤਿ ਘਾਲਿ ॥
ਨਾਨਕ ਤੇ ਮੁਖ ਉਜਲੇ ਕੇਤੀ ਛੁਟੀ ਨਾਲਿ ॥੧॥

ਪਵਣ ਸਰੀਰ ਲਈ ਇਸ ਤਰਾਂ ਹੈ , ਜਿਵੇਂ ਆਤਮਾ ਲਈ ਗੁਰੂ। ਪਾਣੀ ਸਭ ਦਾ ਪਿਤਾ ਹੈ ਤੇ ਧਰਤੀ ਸਭ ਦੀ ਵੱਡੀ ਮਾਂ। ਦਿਨ ਤੇ ਰਾਤ ਦੋਨੋ ਖਿਡਾਉਣ ਵਾਲੇ ਹਨ ਤੇ ਸਾਰਾ ਜਗਤ ਖੇਡ ਰਿਹਾ ਹੈ। ਧਰਮ ਰਾਜ ਜੀਵ ਦੇ ਕੀਤੇ ਕੰਮ ਵਿਚਾਰਦਾ ਹੈ ਤੇ ਇਹਨਾਂ ਕਰਕੇ ਜੀਵ ਵਾਹਿਗੁਰੂ ਦੇ ਨੇੜੇ ਜਾਂ ਦੂਰ ਹੋ ਜਾਂਦੇ ਹਨ। ਜੇ ਉਸ ਨੂੰ ਸਿਮਰਦੇ ਹਨ ਓਹਨਾ ਦੀ ਮੋਹਨਤ ਸਫਲ ਹੈ, ਤੇ ਓਹਨਾ ਨਾਲ ਚਲਦੇ ਹੋਏ ਕਈ ਹੋਰ ਭੀ ਵਾਹਿਗੁਰੂ ਦੇ ਹਜ਼ੂਰ ਸੁਰਖਰੂ ਹੁੰਦੇ ਹਨ ।

Air is the Guru, water the father and earth the great mother. Day and night are the two nurses in whose lap the peoples of the whole world performs their daily routine. The whole world is our playground. Good and bad deeds are judged in the court of God. As per their actions and deeds only, some people go nearer to God while others go afar from Him. Those who meditate on His *Naam*, absorbing themselves in His *Naam*, will be liberated. O Nanak, the faces of such persons glow with the light of Waheguru's grace and many more who keep their company will also be liberated along with them.

Note. With this epilogue, we conclude our exposition of the scared Bani of Guru Nanak Dev ji, the Japji Sahib, Divine Morning Prayer of the Sikh Faith. Its rich spiritual content is said to be expounded in the whole of the Sri Guru Granth Sahib, in which Guru Arjan Dev ji placed it at the very beginning.

ਸਾਕਾ ਨੀਲਾ ਤਾਰਾ

ਅਪ੍ਰੈਲ ਨੀਲਾ ਤਾਰਾ ਉਸ ਫੌਜੀ ਕਾਰਵਾਈ ਦਾ ਨਾਂ ਹੈ ਜੋ ਕਿ ਭਾਰਤ ਦੀ ਪ੍ਰਧਾਨਮੰਤਰੀ ਇੰਦਰਾ ਗਾਂਧੀ ਦੇ ਹੁਕਮ ਤੇ ਸ਼੍ਰੀ ਦਰਬਾਰ ਸਾਹਿਬ ਵਿਖੇ ਆਤੰਕਵਾਦੀਆਂ ਨੂੰ ਅਕਾਲ ਤਖ਼ਤ ਵਿਚੋਂ ਕੱਢਣ ਦੇ ਨਾਂ ਤੇ ਜੂਨ ੧੯੮੪ ਦੇ ਪਹਿਲੇ ਹਫ਼ਤੇ ਕੀਤੀ ਗਈ।

ਸੰਤ ਜਰਨੈਲ ਸਿੰਘ ਭਿੰਡਰਾਂਵਾਲੇ ਇਕ ਸਾਧਾਰਨ ਸਿੱਖ ਪ੍ਰਚਾਰਕ ਸਨ ਤੇ ਦਮਦਮੀ ਟਕਸਾਲ ਵੱਲੋਂ ਸਿੱਖਾਂ ਵਿਚ ਸਿੱਖੀ ਦਾ ਪ੍ਰਚਾਰ ਕਰਦੇ ਸਨ ਤੇ ਲੋਕਾਂ ਨੂੰ ਬਾਣੀ ਨਾਲ ਜੋੜਦੇ ਸਨ। ਪਰ ਜਦੋਂ ਅਕਾਲੀਆਂ ਵੱਲੋਂ 'ਅਨੰਦਪੁਰ ਸਾਹਿਬ ਦਾ ਮੱਤਾ' ਪਾਸ ਕੀਤਾ ਗਿਆ।



ਇਸ ਵਿਚ ਪੰਜਾਬ ਲਈ ਜ਼ਿਆਦਾ ਹੱਕ ਮੰਗੇ ਗਏ ਅਤੇ ਫੈਡਰਲ ਸਟੇਟ ਦੀ ਮੰਗ ਕੀਤੀ ਗਈ ਤਾਂ ਕਾਂਗਰਸ ਸਰਕਾਰ ਵੱਲੋਂ ਸੰਤ ਜਰਨੈਲ ਸਿੰਘ ਨੂੰ ਇਹਨਾਂ ਦੇ ਖਿਲਾਫ ਖੜਾ ਕੀਤਾ ਗਿਆ ਤਾਂ ਕਿ ਅਕਾਲੀਆਂ ਦੀ ਮੰਗ ਕਮਜ਼ੋਰ ਹੋ ਸਕੇ।

ਇੰਦਰਾ ਗਾਂਧੀ ਨੇ ਹੌਲੀ ਹੌਲੀ ਸਾਰੇ ਸਿੱਖ ਲੀਡਰ ਪਾੜ ਦਿੱਤੇ ਤੇ ਉਹਨਾ ਇੰਦਰਾ ਗਾਂਧੀ ਨੂੰ ਐਕਸ਼ਨ ਲੈਣ ਲਈ ਕਿਹਾ। ਜਰਨੈਲ ਸਿੰਘ ਭਿੰਡਰਾਂਵਾਲੇ ਸਚਾਈ ਤੇ ਖੜ੍ਹੇ ਸਨ ਤੇ ਪੰਜਾਬ ਦੀਆਂ ਜਾਇਜ਼ ਮੰਗਾਂ ਸਰਕਾਰ ਤੋਂ ਮਨਾਉਣਾ ਚਾਉਂਦੇ ਸਨ। ਉਹਨਾ ਨੇ ਅਕਾਲ ਤਖ਼ਤ ਵਿਚ ਡੇਰਾ ਲਾਇਆ ਹੋਇਆ ਸੀ। ਤਕਰੀਬਨ ੧ ਲੱਖ ੧੫,੦੦੦ ਅੰਮ੍ਰਿਤ ਧਾਰੀ ਨੌਜਵਾਨਾਂ ਨੇ ਆਪਣੇ ਆਪ ਨੂੰ ਉਹਨਾ ਪਾਸ ਰਜਿਸਟਰ ਕਰਵਾਇਆ ਹੋਇਆ ਸੀ।

ਸਰਕਾਰ ਨੇ ਅਖਬਾਰਾਂ ਤੇ ਟੈਲੀਵੀਜ਼ਨ ਤੇ ਪ੍ਰਾਪੇਗੰਡਾ ਕਰਕੇ ਸਿੱਖਾਂ ਨੂੰ ਬਦਨਾਮ ਕਰਨ ਲਈ ਗ਼ਲਤ ਕੰਮ ਭੀ ਕੀਤੇ, ਜਿਵੇਂ ਸਰਕਾਰੀ ਏਜੰਟਾਂ ਨੇ ਬੱਸਾਂ ਵਿਚੋਂ ਕੱਢ ਕੇ ਹਿੰਦੂ ਮੁਸਾਫ਼ਰ ਕਤਲ ਕੀਤੇ। ਆਖ਼ਰ ਹਾਲਾਤ ਏਨੇ ਖ਼ਰਾਬ ਹੋ ਗਏ, ਕਿ ਸਰਕਾਰ ਨੂੰ ਵੱਡਾ ਐਕਸ਼ਨ ਲੈਣ ਲਈ ਰਸਤਾ ਸਾਫ਼ ਹੋ ਗਿਆ।

ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਸਰਕਾਰ ਨੇ 'ਆਪਰੇਸ਼ਨ ਨੀਲਾ ਤਾਰਾ' ਤਾਂ ਕੀਤਾ ਸੀ ਕਿ ਸੰਤ ਭਿੰਡਰਾਂਵਾਲਿਆਂ ਨੂੰ ਅਕਾਲ ਤਖ਼ਤ ਤੋਂ ਬਾਹਰ ਕੱਢਿਆ ਜਾ ਸਕੇ। ਇਹ ਕੰਮ ਆਰਾਮ ਨਾਲ ਫੌਜੀ ਘੇਰਾ ਪਾ ਕੇ ਹੋ ਸਕਦਾ ਸੀ।

ਪਰ ਇੰਦਰਾ ਗਾਂਧੀ ਨੇ ਆਪਣੀ ਹਉਮੈ ਨੂੰ ਮੁੱਖ ਰੱਖ ਕੇ ਸਿੱਖਾਂ ਨੂੰ ਸਬਕ ਸਿਖਾਉਣ ਲਈ ਕਈ ਤਰ੍ਹਾਂ ਦੀਆਂ ਫੌਜੀ ਟੁਕੜੀਆਂ ਹਥਿਆਰਾਂ ਸਮੇਤ ਭੇਜ ਦਿੱਤੀਆਂ। ਪਹਿਲਾਂ ਲਾਊਡਸਪੀਕਰ ਰਾਹੀਂ ਹਥਿਆਰ ਸੁੱਟਣ ਵਾਸਤੇ ਕਿਹਾ ਗਿਆ ਤੇ ਫਿਰ ਟੈਂਕਾਂ ਤੇ ਭਾਰੀ ਤੋਪਖਾਨੇ ਦੀ ਵਰਤੋਂ ਕੀਤੀ ਗਈ। ਫੌਜ ਨੇ ੨੪ ਘੰਟੇ ਗੋਲਾ ਬਾਰੀ ਕਰਕੇ ਕੰਟਰੋਲ ਆਪਣੇ ਹੱਥ ਲੈ ਲਿਆ।

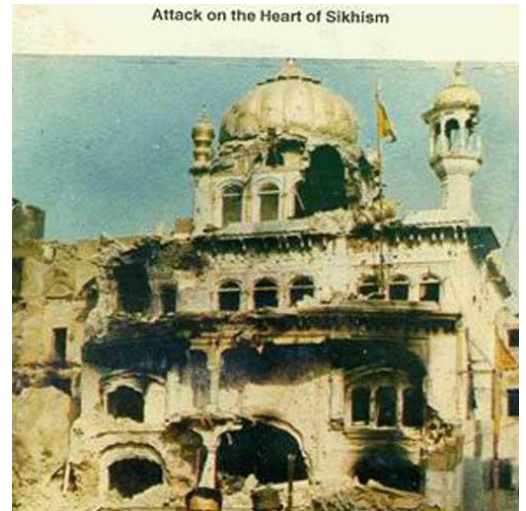


ਮੁਕਾਬਲਾ ੫ ਜੂਨ ਸ਼ਾਮ ਤੋਂ ਸ਼ੁਰੂ ਹੋਇਆ। ਲੜਾਈ ੩ ਦਿਨ ਤਕ ਚਲਦੀ ਰਹੀ। ਸਰਕਾਰ ਵੱਲੋਂ ਦੱਸਿਆ ਗਿਆ ਕਿ ੮੩ ਫੌਜੀ ਮਰੇ ਤੇ ੨੬੯ ਜ਼ਖਮੀ ਹੋਏ। ਸਰਕਾਰ ਨੇ ੧੫੨ ਖਾੜਕੂ ਗ੍ਰਿਫਤਾਰ ਕੀਤੇ ਤੇ ੪੯੩ ਜ਼ਖਮੀ ਹੋਏ।

ਸਰਕਾਰ ਨੇ ਸਾਰਾ ਮੀਡੀਆ ਬੰਦ ਕਰ ਦਿੱਤਾ ਸੀ ਤੇ ਸਾਰੇ ਪੰਜਾਬ ਵਿਚ ਕਰਫੀਊ ਲੱਗਾ ਹੋਇਆ ਸੀ। ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ ਦਾ ਸ਼ਹੀਦੀ ਗੁਰਪੁਰਬ ਹੋਣ ਕਰਕੇ ਬਹੁਤ ਸਾਰੇ ਯਾਤਰੀ ਆਏ ਹੋਏ ਸਨ।

ਗੋਲਾਬਾਰੀ ਨਾਲ ਅਕਾਲ ਤਖ਼ਤ ਢੇ ਢੇਰੀ ਕਰ ਦਿੱਤਾ ਗਿਆ। ਅੰਦਰ ਜੋ ਭੀ ਸੀ ਮਾਰ ਦਿੱਤਾ ਗਿਆ। ਭਿੰਡਰਾਂਵਾਲੇ, ਜਨਰਲ ਸੁਬੇਗ ਸਿੰਘ ਤੇ ਹੋਰ ਜੋ ਭੀ ਅੰਦਰ ਮੌਜੂਦ ਸਨ, ਮਾਰ ਦਿੱਤੇ ਗਏ।

ਸਰਕਾਰ ਵੱਲੋਂ ਮਰਨ ਵਾਲਿਆਂ ਤੇ ਫੱਟੜ ਹੋਇਆਂ ਦੀ ਗਿਣਤੀ ਬਹੁਤ ਘੱਟ ਦੱਸੀ ਗਈ ਪਰ ਅਸਲ ਨੁਕਸਾਨ ਬਹੁਤ ਜ਼ਿਆਦਾ ਹੋਇਆ ਸੀ।

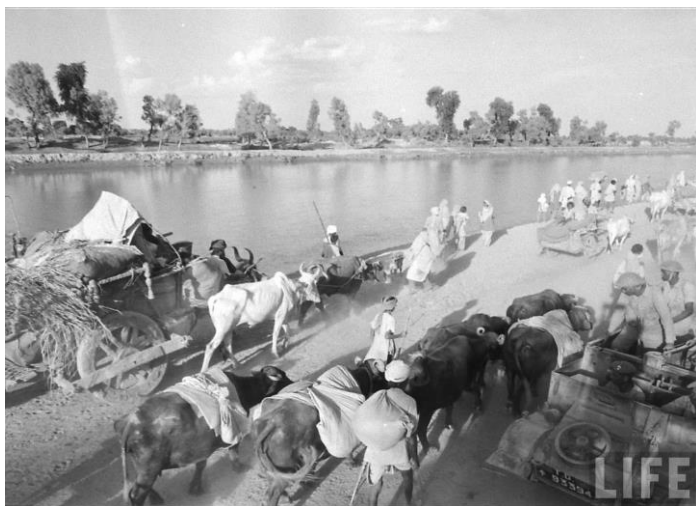


ਸਿੱਖਾਂ ਵਿਚ ਇਸ ਫੌਜੀ ਹਮਲੇ ਕਾਰਨ ਭਾਰੀ ਗੁੱਸਾ ਸੀ। ਧਰਮੀ ਫੌਜੀ ਪਲਟਣਾਂ ਤੋਂ ਬਾਹਰ ਆ ਗਏ। ਲੋਕਾਂ ਨੇ ਸਰਕਾਰੀ ਸਨਮਾਨ ਵਾਪਸ ਕਰ ਦਿੱਤੇ।

ਜਨਰਲ ਵੈਦਯਾ ਨੂੰ ੧੯੮੬ ਵਿਚ ਪੁਣੇ ਜਾਂ ਕੇ ੨ ਸਿੰਘਾਂ ਨੇ ਮਾਰ ਦਿੱਤਾ। ੧੯੮੮ ਵਿਚ ਇੰਦਰਾ ਗਾਂਧੀ ਨੂੰ ਭੀ ਉਸ ਦੇ ਸਿੱਖ ਅੰਗਰੱਖਿਅਕਾਂ ਨੇ ਗੋਲੀਆਂ ਨਾਲ ਮਾਰ ਦਿੱਤਾ। ਸਿੱਟੇ ਵੱਜੋਂ ਸਿੱਖਾਂ ਨੂੰ ਭੀ ਟਾਇਰ ਗਲਾਂ ਵਿਚ ਪਾ ਕੇ ਸਾੜਿਆ ਗਿਆ। ਤਿਨ ਹਜ਼ਾਰ ਤੋਂ ਵੱਧ ਸਿੰਘ ਮਾਰ ਦਿੱਤੇ ਗਏ।



ਪੰਜਾਬ ਦੀ ਬਦਕਿਸਮਤੀ ਹੈ ਕਿ ਪਹਿਲਾਂ ੧੯੪੭ ਦੀ ਵੰਡ ਵਿਚ ਸਿੱਖਾਂ ਦਾ ਬੇਹੱਦ ਮਾਲੀ ਤੇ ਜਾਨੀ ਨੁਕਸਾਨ ਹੋਇਆ। ਫਿਰ ੧੯੮੮ ਵਿਚ ਸਿੱਖਾਂ ਦੇ ਘਾਣ ਕੀਤੇ ਗਏ। ਵਾਹਿਗੁਰੂ ਦੇ ਚਰਨਾਂ ਵਿਚ ਅਰਦਾਸ ਕਰਦੇ ਹਾਂ ਕਿ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿਚ ਪੰਜਾਬ ਸਦਾ ਚੜ੍ਹਦੀ ਕਲਾ ਵਿਚ ਰਹੇ।



Shaheedi Guru Arjan Dev Ji

Emperor Akbar was a liberal ruler and respected all the religions but his son Jahangir was quite the opposite. He was very narrow minded and as soon as he became the king he made up his mind to act against the expansion of the Sikh faith and in his opinion "shut this supermarket of lies forever". There were other factors that helped him to take a drastic decision of the martyrdom of Guru Arjan Dev Ji.

- 1. Family Reason:** First and foremost the reason was the jealousy of Guru Arjan's elder brother Prithi Chand who did not get the Guruship as the result of his extensive involvement in worldly affairs. He considered himself the rightful heir of Guruship, being the eldest son. He did his best to harm and damage Guru Arjan Dev ji. He complained to the Governor of Lahore who investigated and found no truth in his allegations. Then he submitted a petition to Akbar which was rejected. But when Jahangir ascended the throne, he put in appeals with recommendations of his friends Chandu and Bhagat Kahna. Jahangir simply couldn't tolerate a stronghold of Sikh faith and was on the lookout for a chance to take an action.



- 2. Opposition of the Santanies:** Hindu sadhus and devotees were against Sikh religion since the time of Guru Nanak. Now when Guru Arjan ji was compiling the Granth, many bhagats and holy Hindu saints like Bhagat Kahna, Bhagat Peelu, Chajjoo and Shah Hussain wanted their compositions to be included in it, but Guru ji declined since their themes were not in conformity with Sikh ideals. So all the bhagats made a united front to oppose Guru Arjan ji and humiliate him at a

suitable time. They instigated Sulhi Khan to attack Amritsar, but Sulhi died on the way and got burnt alive. Birbal, one of 'nauratans' of Jahangir opposed Guru ji too.

3. **Chandu's Enmity:** Chandu, the Diwan of Lahore, could not tolerate that the pandit looking for a match for his daughter, had tried to book Hargobind and uttered inappropriate words, "ਚੁਬਾਰੇ ਦੀ ਇੱਟ ਮੇਰੀ ਨੂੰ ਕਿਓਂ ਲਾਈ ਹੈ?" and this showed disrespect to Guru ji. Guru Arjan Dev ji came to know about it and refused to accept any relationship with haughty Chandu. So Chandu turned an enemy.
4. **Nakashbandi:** Jahangir considered Guru ji as an infidel and as such he wanted Guru Ji to convert to Islam. A Muslim organisation called Naqashbandi played a prominent part. Their leader Ahmad Sirhandi prompted Jahangir to take a stern action and crush this upcoming and expanding faith - to nip the evil in the bud.

A large number of Muslims were also attracted by Guru Ji's teachings such as simran, sewa and easily understood Gurbani. Jahangir could not tolerate anymore and on his way to Peshawar hinted the Governor of Lahore to terminate Guru Ji as per the principles of Yasa or Sharia. So Guru ji was summoned to Lahore, and on arrival, Chandu the arch enemy of Guru Ji took charge of him.

For five days atrocities were committed. Guru ji was made to sit on the hot plate, red hot burning sand was poured on his head, boiled in a cauldron of boiling water, the whole of his body had boils on it.

Sain Mia Mir, a holy sufi saint was a friend of Guru Ji. He could not tolerate the barbarous treatment and asked for Guru Ji's permission to destroy Lahore by virtue of his spiritual powers. Guru Ji told him not to interfere in the Will of God and that he must accept 'bhana'. He said:

“ਕਿ ਹੋਇਆ ਜੇ ਤਨ ਤਪ ਰਹਿਆ ਹੈ। ਸਾਂਈ ਦੇ ਪਿਆਰਿਆਂ ਨੂੰ ਭਾਣੇ ਵਿਚ ਹੀ ਰਸ ਮਾਨਣਾ ਚਾਹੀਦਾ ਹੈ। ਜੇ ਕਿਸੇ ਤੇ ਕਸ਼ਟ ਆਵੇ ਤਾ ਭਾਣਾ ਮੀਠਾ ਕਰਕੇ ਮੰਨੇ।”



At last his blistered and half dead body was taken to river Ravi and cruelly immersed in the cold water. This happened on 30th May 1606.

Shaheedi of Banda Singh Bahadur

Born in Rajauri near Jammu on 27 October 1670 in a Hindu Rajput family and named as Madho Dass, he left home to become an ascetic. He roamed about with sadhus till he established a monastery at Nander where Guru Gobind Singh ji contacted and asked him to go to the Panjab and fight as well as punish the tyrant rulers. He made Banda aware of what had happened so far and gave him letters written to selected people urging them to help Banda.

Banda Singh left for Panjab where Sikhs joined him. They together reached Khanda and in the Battle of Sonipat in 1709, they defeated the Mughal Army. Then they captured Sadhaura, Malerkotla and Nahan. On 12 May 1710, in the Battle of Chappar Chiri, The Sikhs killed Wazir Khan, the Governor of Sarhand and Sucha Nand who were instrumental in the shaheedi of younger Sahibzade of Guru Gobind Singh Ji.



Banda Singh was in control of territory between Sutlej to Yamuna and ordered that land be given to farmers so that they could live with dignity and self-respect.

Banda Singh made Mukhlisgarh his capital. He briefly established a state in Panjab for about half a year and Sikhs attacked and took over Saharan Pur, Jalalabad, Muzzaffar Nagar and nearby Muslim majority areas.

An establishment of an independent state was an obstruction to communication between Delhi and Lahore. Bahadur Shah got worried and leaving everything aside, he marched straight to Panjab with his entire army. His commander Munim Khan invaded and captured Sirhand. A siege was laid around Loh Garh but Banda succeeded in escaping. The emperor was shocked at his escape and ordered an indiscriminate killing of all Sikhs.



Banda Singh reorganised in 1712 and gathered Sikhs near Kiratpur Sahib and defeated Raja Ajmer Chand who had united all hill chiefs against Guru Gobind Singh Ji. Then Bhim Chand was punished and all other hill Rajas agreed to pay revenue to Banda Singh. While Bahadur Shah's four sons were killing each other for the throne of the Mughal emperor,

Banda Singh recaptured Sadhaura and Loh Garh. Farrikh Siyar, the next Mughal emperor appointed Abdul Samad as Governor of Lahore and Zakaria Khan as Faujdar of Jammu and ordered his army to pursue Banda Singh.

In 1713, Sikhs went towards Jammu where they built Dera Baba Banda Singh. During this time Sikhs were being persecuted in the Gurdaspur region. Banda Singh came out and captured Kalanaur and Batala, which prompted Farrukh Siyar to depute his total army and that of Mughal and Hindu Hill chiefs to proceed to Lahore.

Siege of Gurdas Nangal: - In March 1715, the army drove Banda Bahadur and Sikh forces into village Gurdas Nangal and laid siege. The Sikhs defended the place for eight months but on 7 September 1715 the Mughals broke into the starving garrison and captured Banda Singh and his companions.



The Execution

He was put into an iron cage and others were chained. They were brought to Delhi in a procession with 780 prisoners, 2000 Sikh heads hung on the spears and 700 cartloads of slaughtered Sikhs in order to terrorise the population.



At Delhi, they were pressurised to convert to Islam but none of them accepted. The execution started. They were brought out in batches and executed in public. It went on for a week.



After 3 months of confinement on 9 June 1716, first his son Ajai Singh was murdered and his heart was thrust into Banda's mouth. Then Banda's eyes were gouged out, his limbs were severed, his skin removed and he was killed.

Recently, a memorial has been erected at Chappar Chiri to glorify and remember the victory of the Sikh Soldiers.



Babiha State of Being - ਬਬੀਹਾ ਅਵਸਥਾ ।

ਬਾਬੀਹਾ ਨਾ ਬਲਲਾਈ ਨਾ ਤਰਸਾਇ

ਇਹੁ ਮਨੁ ਖਸਮ ਕਾ ਹੁਕਮ ਮਨੰ ॥

ਨਾਨਕੁ ਹੁਕਮਿ ਮੰਨੈ ਤਿਖ ਉਤਰੈ

ਚਲੈ ਚਲਗਲਿ ਵਨੁ ॥

SGSS Ang 1282

O, rainbird Babiha, do not cry out. Do not let this mind of yours be so thirsty for a drop of rainwater; obey the Hukam, the command of your Lord and Master.

One day, I was reading these verses, Salok Mahala 3, and wanted to know what sort of bird the Babiha actually is. I looked up for the information online. In English it is called the Hawk-Cuckoo bird, popularly known as the 'brainfever bird'. It is a medium-sized cuckoo resident in the Indian subcontinent. In a video, I heard this bird sing, it touched my heart and being very deeply. The call or cry was for the rain drop, to quench its thirst. This bird will not drink water from anywhere, but will wait and sing for the rain drop from the clouds. (You can hear the bird song using the link at the end of the article).



ਬਾਬੀਹਾ ਜਲ ਮਹਿ ਤੇਰਾ ਵਾਸੁ ਹੈ

ਜਲ ਹੀ ਮਾਹਿ ਫਿਰਾਹਿ ॥

ਜਲ ਕਿ ਸਾਰ ਨਾ ਜਾਣਹੀਂ ਤਾਂ ਤੂੰ ਕਿ ਕੂਕਣ ਪਾਹਿ ॥

Mahala 3 SGSS Ang 1282

O, rainbird, your place is in the water, you move around in the water. But you do not appreciate the water, so you cry out. This is like the state of being of one who has no NAAM connection with Waheguru, who is in emptiness, not knowing what is missing; it is the agony of the soul cry, for the connection MILAAP of the Atma with Parmatma. The man is living where Waheguru is omnipresent and pervading the Universe, but the Manmukh does not know how to quench the thirst of the soul.

ਬਾਬੀਹਾ ਇਵ ਤੇਰੀ ਤਿਖਾ ਨਾ ਉਤਰੇ, ਜੇ ਸਉ ਕਰਹਿ ਪੁਕਾਰ ॥

SGSS Ang 1285

O, rainbird, your thirst is not quenched, even though you wail a hundred times. The state of someone who reads about NAAM, but does not practise Simran, is like the rain

bird that lives near water, but does not drink it, because its true love is the rain drop; so it cries in agony while waiting for the rain drop to reveal itself from the sky.

Amrit is in NAAM, until man falls in love with bani. Man will feel the separation and the soul's thirst cannot be quenched. The soul cries like the Babiha cries his *preet* with rain drop. Similarly, the Gursikh's thirst is not quenched without the rain of NAAM; with Waheguru's Kirpa.

ਇਹੁ ਬਾਬੀਹਾ ਪਸੂ ਹੈ ਇਸ ਨੇ ਬੁਜਣੁ ਨਾਹਿ ॥

ਅੰਮ੍ਰਿਤੁ ਹਰ ਕਾ ਨਾਮਿ ਹੈ ਜਿਥ ਪੀਤੇ ਤਿਖ ਜਾਇ ॥

SGSS Ang 1283

The rainbird is from the animal kingdom; it has no understanding at all that the Naam of the Lord is Ambrosial Nector; drinking it, the thirst is quenched.

In Gurbani the state of being of the Man-mukh is like the Babiha. The Babiha Shabad is used in Gurbani, to let man know that NAAM Simran is the Amrit; that it is essential to fulfil the emptiness in the soul and this Babiha state of being is used for communicating that Naam is the NECTOR to quench the thirst.

ਬਾਬੀਹਾ ਜਿਸਨੇ ਤੂੰ ਪੁਕਾਰਦਾ ਜਿਸਨੇ ਲੋਚੈ ਸਬ ਕੋਈ ॥

ਆਪਣੀ ਕਿਰਪਾ ਕਰਕੇ ਵਸਿਸੀ ਵਣ ਤ੍ਰਿਣੁ ਹਾਰਿਆ ਹੋਈ ॥

ਗੁਰ ਪ੍ਰਸਾਦੀ ਪਾਇਐ ਵਿਰਲਾ ਬੁਜੈ ਕੋਇ ॥

ਬਹਦਿਆ ਓਠਤਿਆ ਨਿਤ ਧਿਆਇਐ ਸਦਾ ਸਦਾ ਸੁਖ ਹੋਇ ॥

SGSS Ang 1281

Here in these verses Babiha is used to refer to man, who like the rainbird's calling to meet the rain drop, wants his soul to meet Parmatma. Guru Amar Das ji explains that you are not alone, but all humans are wailing to get union. This is only possible with continuous Naam Simran, as there is Barkha of AMRIT everywhere all the time.

Waheguru blesses the Gurmukh with this Nector.

Kirtan - Babiha Amrit Velay Boleaa

Online readers can listen to this most soothing Shabad sung by late Bhai Nirmal Singh ji of Darbar Sahib Amritsar here:

<https://www.youtube.com/watch?v=UY-SQ8ULL20>

Babiha Bird Song link:

<https://youtu.be/AebytiSGXA4>



Green Corner



Did you know these facts about London:

- 1 There are 11 hills and peaks in London
- 2 48% of London is made up of green space
- 3 66% is approximate drop in London's house sparrow population since the 70's
- 4 86 is the number of known non-native invasive wildlife species now found in London
- 5 94 different species of fish have been recorded in the River Thames (including two species of seahorse)
- 6 230 years is the approximate age of Central London's oldest living tree. The planes were planted in Berkeley Square in 1798
- 7 Over 280 languages are spoken in London
- 8 Over 3000 parks and open spaces
- 9 8.3 million trees, giving us oxygen, cooling the city, removing some air pollution, keeping soil intact and helping reduce flood risks
- 10 8.9 million people live and work here.

Stitches in Time Project

Some of you created the Ik Onkar Banner last year, and have asked when the project will take place. Due to Covid-19 we have not been able to fulfil your wishes, however, Stitches in Time in East London have come up with a great idea. They are creating a large embroidery to reflect your experience during the Coronavirus pandemic. Your work will be put together by them. The piece of work will be displayed when we get back to normal.

Check the link below for further information, or contact **mail@stitchesintime.org.uk** if you have any questions.

<https://stitchesintime.org.uk/>

Your embroidery needs to be submitted by 30th September 2020.

Your June Gardening Checklist

- Lift and store tulip bulbs to allow them to dry out, ready to be replanted in autumn.
- Cut back wisteria plants by pruning the longest shoots so there are plenty of flower spurs next spring.
- Support tall perennials by staking them this month, especially delphiniums.
- Lift the final early potato plants and let the potatoes dry out before bagging and storing.
- Keep plants well fed and watered while the sun shines brighter and the temperature warms up.
- Open up greenhouses and polytunnels in the morning to allow plenty of ventilation and prevent plants from overheating.
- Treat paths and gravel areas for weeds.
- Mow the lawn regularly, and keep an eye out for dandelions and thistles, which will need to be dug out.
- Plant out tender vegetables such as pumpkins, squashes and outdoor tomatoes.



SIKH ASSISTED MARRIAGES

Please note this list will be updated when the matrimonial service resumes.

During the closure of the gurdwara, in compliance with the government guidance on social distancing, the matrimonial service has been suspended until normal services can be resumed.

Gurdwara Sri Guru Singh Sabha's March 2020 list of matrimonial partners appears below. It will be upgraded when the service resumes.

BOYS

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
2747	18/12/81	BSc(hons) Computer Science	IT Business Analyst	5' 11"
2748	20/06/88	BA(hons), MSc, CIMA	Senior Finance Analyst	5' 10"
2749	28/12/86	BSc Financial Computing	Client Care Analyst	5' 06"
2750	09/05/87	BA Finance/Accounts, ACCA	Chartered Accountant	5' 10"
2751	16/06/91	BA Business Economics	Quantity Surveyor	6' 00"
2752	10/05/91	M Pharm	Pharmacist	6' 03"
2753	13/09/91	MA Medicine, MBBS	Hospital Doctor	5' 11"
2754	18/05/87	Master Business Info Management	Operations Supervisor	6' 00"
2755	25/07/89	BSc(hons) Business Mgmt. & Mktng	Self Employed	5' 08"
2756	05/03/75	BSc Product Design	Baggage Handler	5' 8½"
2757	02/03/90	LLB	Senior Executive (Family Bus.)	5' 10"
2758	23/08/84	BSc Computer Science	Self employed	6' 00"
2759	13/07/89	City & Guilds Level 3	Motor Mechanic	5' 06"
2760	26/07/90	MBBS	ST3-ConsultantRadiologytrainee	5' 10"
2761	22/06/85	BSc, MSc, PhD Immunology	Associate Director	5' 09"
2762	06/12/88	LLB, LLM, LPC	Solicitor	6' 01"
2763	31/05/88	BA, LLB	Head of Legal Lawyer Corparter	5' 11"
2764	22/01/89	Compex Electrician	Compex Qualified Electrician	5' 09"
2765	07/10/81	Masters in Commerce	Production Manager	5' 09"
2766	21/05/91	MSc Physics	Procurement Manager	6' 01"
2767	03/09/87	MSc Computer Science	IT Consultant	5' 09"
2768	05/07/89	MSc Financial Mathematics	IT Contractor	5' 10"
2769	25/08/84	B Eng. Computer Networking	IT Production Manager	5' 02"
2770	25/09/88	BA Sociology, LLB, LPC	Solicitor	5' 10"
2771	25/03/85	BTEC Business	BA Customer Service	5' 11"
2772	28/02/88	BSc Economics	Investor-Trader	6' 01"
2773	17/07/90	BSc, B Med(hons), M Pharm	Pharmacist	6' 04"
2774	20/05/84	MBBS, FRCR	NHS Consultant	5' 09"
2775	27/09/90	M Eng Aerospace Engineering	Proxisense Ltd, Oxford Uni	6' 01"

2776	26/06/81	BSc Computer Info. Systems	Senior IT Consultant	5' 09"
2777	10/03/93	MBBS, BSc(hons)	Medical Doctor	6' 04"
2778	17/01/90	College - IT Entry Level 1	Taxi Driver	6' 02"
2779	20/11/91	BSc Quantity Surveyor	Quantity Surveyor	5' 11"
2780	16/01/86	Diploma	Director - own company	5' 07"
2781	12/11/89	Business Studies & Personal Finance	Law Enforcement Officer	6' 01"
2782	21/12/92	BSc Economics (UCL)	Investment Banking	6' 03"
2783	28/03/83	BSc(hons) Computer Science	Account Manager	5' 09"
2784	16/06/86	ACCA	Accountant Plc	6' 01"
2785	29/12/81	BSC(hons) Information Systems	IT Consultant	6' 00"
2786	28/06/86	B Eng Electronic Engineering	Test Engineer	5' 06"
2787	29/05/85	BSc Mathematics	Actuary	5' 07"
2788	19/03/94	BTEC Science Level 3	BT Telecoms Engineer	6' 00"
2789	22/07/80	BSc Maths & Computer Science	Business Owner	5' 07"
2790	23/04/90	A Levels	British Airways	6' 02"
2791	02/11/74	MSc, B Eng(hons)	Senior Project Mgr Invest.Bank	5' 09"
2792	03/12/89	MPharm Pharmacy	Pharmacist (Branch Manager)	5' 09"
2793	15/03/87	M Pharm, MBBS	Junior Doctor	6' 00"
2794	02/06/88	MSc Economics & Finance (LSE)	Investment Analyst	6' 00"
2795	02/04/91	BSc Accounting & Finance	Accountant	6' 00"
2796	21/05/88	AS Level	Account Manager	6' 00"
2797	18/01/91	A Levels, left after 1yr at Uni	Warehouse Operator	5' 11"
2798	06/07/90	BSc, MBBS	Hospital Doctor	6' 02"
2799	16/11/87	BSc Pharmaceutical Science	Manager-Pharmaceutical Comp.	5' 10"
2800	28/04/91	LLB, LPC	Solicitor	5' 11"
2801	23/03/85	BSc(hons) Optometry	Hospital Optometrist	5' 09"
2802	03/04/87	MSc Pharmacy	Pharmacist	5' 09"
2803	08/05/81	A Levels	Managing Director	5' 07"
2804	07/05/82	MSc IT & Management	Case Analyst	5' 10"
2805	04/05/89	BSc Actuarial Science	Actuary KPMG	5' 10"
2806	02/04/83	BSc(hons)	Investment Banking	6' 02"
2807	28/04/89	B Eng Air Transport Engineering	Pilot	6' 00"
2808	24/01/91	Civil Engineering Degree	Senior Quantity Surveyor	6' 00"
2809	09/11/91	BSc Economics, Chartered Accountant	Economist	6' 02"
2810	15/08/92	PhD, M Chem	Scientist	6' 00"
2811	11/12/90	BSC(hons) Info. & Comm. Technology	Software Analyst	6' 00"
2812	15/12/80	MSc Finance	Investment Manager	6' 00"
2813	23/03/93	BSc Biology	Teacher	6' 01"
2814	25/08/92	Primary School Teacher	Teaching at Primary School	5' 09"
2815	27/12/93	LLB Law	Paralegal	5' 11"
2816	07/10/88	BSc, MPharm	Own Pharmacy Business Bristol	6' 01"
2817	23/10/85	BA Business Studies	Estate Agent	5' 09"
2818	27/12/85	MSc Pharmacy	Pharmacist	6' 02"
2819	26/12/85	BSc(hons) Economics (LSE)	Investment Banker M&A	6' 02"
2820	10/12/82	BSC, CIMA Accountant	Business Manager Barclays	5' 11"
2821	18/11/81	High Diploma (college), Advanced IT	BUPA Health Service Consultant	5' 07"
2822	30/09/94	BSc Business & Politics	Digital Marketing (Fiat)	5' 9½"
2823	28/07/92	MD Master of Medicine	Senior House Officer	5' 06"
2824	27/07/88	Doctor of Medicine	NHS	6' 00"
2825	03/02/96	BSc(hons)	Accountant	6' 04"

2826	05/11/88	BDS Dentistry	Dentist	6' 00"
2827	28/09/85	A Levels	Deputy Court Custody Manager	5' 08"
2828	08/04/91	BSC(hons) Economics	Risk Consultant	6' 01"
2829	02/06/79	MBChB, General Practitioner	GP	5' 10"
2830	10/12/75	BSC(hons) Information Management	Engineer Contractor	5' 08"
2831	28/07/93	BSC Architecture, MA Graphic Design	Graphic Designer	6' 00"
2832	04/02/88	LLB(hons), LPC Law	Associate Director, Finance	6' 00"
2833	01/12/82	LLB(hons) Law	Contracting Lawyer	5' 10"
2834	23/03/88	BA(hons), ACCA	Finance Project Manager	5' 09"
2835	01/02/89	BSc (hons)	Financial Analyst	6' 00"
2836	02/06/86	MBBS, MRCP	Doctor GP	5' 10"
2837	12/06/76	Physics Degree	Finance work	6' 02"
2838	25/04/88	M Eng Materials Sci. & Eng., ACA	Chartered Accountant	5' 09"
2839	31/01/80	IT Degree	Assistant Manager	6' 00"
2840	17/10/91	BSc (hons)	Actuary	5' 10"
2841	19/06/94	BSc Consumer Behaviour & Marketing	Financial Writer	5' 11"
2842	14/04/90	CIMA Qualified Accountant	Senior Finance Analyst	5' 10"
2843	01/07/89	BSC(hons) Chemistry, PGCE	Mortgage Broker	5' 09"
2844	22/01/88	BSc, MBBS	Hospital Doctor	5' 10"
2845	06/02/90	MBBS	NHS Doctor	6' 02"
2846	17/11/83	BSc Aerospace Engineering	Mechanical Engineer	5' 08"
2847	20/11/84	A Levels	IT Contractor	5' 11"
2848	28/11/90	BSc Economics, ACA	Finance	5' 08"
2849	16/01/88	Postgraduate Masters	Strategy Consultant	6' 02"
2850	28/06/87	BSc(hons) Computer Science	Business Intelligence Developer	5' 11"
2851	06/05/91	BSc Business Information Systems	Business Development Mgr	5' 09"
2852	09/01/85	BA(hons), ACA	Chartered Accountant-own Buis	5' 09"
2853	21/10/81	BDS, MJDF, RCS(eng) PGCMDE	Principle Dentist	5' 11"
2854	26/11/95	BDS Dentistry	Dentist	6' 03"
2855	10/01/89	BSc(hons)	Quality Surveyor/Finance	6' 00"
2856	30/03/91	MSc Computer Science	IT Software Consultant	6' 05"
2857	13/03/87	BSc Finance & Accounting	Management Accounting	6' 00"
2858	04/02/94	BSc Sci. MSc Busi. Technology	Sub-contractor Manager	6' 02"
2859	19/04/84	BA Economics, IMA Chartered Acc'tant	Senior Commercial Finance	5' 09"
2860	29/04/93	ACA, Degree Accounting & Finance	Chartered Accountant	5' 11"
2861	27/10/89	BSc Maths & Management	Senior Commercial Analyst	5' 06"
2862	10/09/90	BSc, MSC Finance & Risk	Self Employed	5' 04"
2864	18/03/90	Charter Accountant	British Gas	5' 08"
2865	23/09/78	LLB(hons); PGDLP; PGDNP; MSc Law	In-House Counsel Solicitor	5' 09"
2866	19/02/90	BSc(hons), MSC Computer Science	Senior Software Engineer	5' 07"
2867	27/05/92	BSc(hons), PGDiP	Architect	5' 09"
2868	19/03/92	BA Economics	Accountant, Studying Ch. Acc.	6' 03"
2869	23/11/82	B Eng Computer Systems Engineering	Technical Presales Consultant	5' 09"
2870	05/12/93	MSc Mechanical Engineering	Site Engineer	5' 09"
2871	10/03/92	BSc, MBChB, MRES	Hospital Doctor	5' 09"


GIRLS

Ref No	Birth Date	Academic Qualification	Present Employment	Height
9136	19/04/88	BA History, GDL BPP	Solicitor	5' 06"
9137	28/05/92	BA French Literature	Marketing	5' 07"
9138	01/11/89	MD Medicine	Junior Doctor	5' 07"
9139	08/01/91	BSc Physiotherapy	Senior Physiotherapist	5' 01"
9140	29/06/93	BA(hons), MA	Project Manager	5' 06"
9141	28/02/89	M Pharm	Clinical Pharmacist	5' 07"
9142	22/12/91	Adv Apprenticeship L2,3,4 Childcare	Nursery Nurse Team Leader	5' 01"
9143	18/11/89	BA(hons) Study of Religion	Learning Resource Manager	5' 02"
9144	03/02/93	BA History	Strategy Consultant	5' 03"
9145	04/12/86	LLB, PGCE	Teacher	5' 03"
9146	13/09/80	Masters	Account Director	5' 03"
9147	09/03/79	ACA, BSc Economics	Accountant	5' 06"
9148	25/10/84	LLB	Lawyer	5' 06"
9149	31/05/94	GCSE, Level 2 Acc'ting Apprenticeship	Regional Administrator	5' 05"
9150	03/03/85	A levels	Assistant Manager Insolvency	5' 02"
9151	17/11/83	Degree HRM & Marketing	HR Business Partner/Manager	5' 04"
9152	17/08/84	Degree educated	IT Programmer	5' 00"
9153	08/09/89	Degree educated	Trainee Solicitor	5' 00"
9154	02/10/90	BA Business Management	Property Negotiator	5' 05"
9155	31/01/87	M Pharm	Pharmacist	5' 03"
9156	01/03/88	Doctor	GP	5' 04"
9157	17/11/86	BM B Med Sci(hons)	NHS Doctor	5' 05"
9158	04/02/90	BSc Geography, PGCE	Geography Teacher (Sec. Sch)	5' 05"
9159	12/11/88	BSc, MSc Biology	Teacher - Marine Biologist	5' 05"
9160	16/10/87	MSc Marketing & Branding	British Airways Trainer	5' 06"
9161	12/06/84	BSc, ACCA	Chartered Accountant	5' 07"
9162	26/05/81	BSc, ACA	Chartered Accountant	5' 04"
9163	05/09/92	BA Medicine, MBBS	Hospital Doctor	5' 06"
9164	28/03/88	CACHE Diploma Childcare /Education	Radiology Assistant	5' 05"
9165	13/03/91	MBBS, BSc(hons)	Doctor	5' 07"
9166	30/01/88	BDS	Dentist	5' 00"
9167	12/10/81	MR Pharms	Pharmacist	5' 06"
9168	10/10/91	BSc Economics & Finance	Accounts Assistant	5' 04"
9169	04/05/95	BSc Accounting & Finance, ACA	Accountancy	5' 07"
9170	20/06/87	MBA International Management	VMWare-Operations Manager	5' 05"
9171	08/12/87	BSc(hons) Finance & Accounting	Management Accountant	5' 03"
9172	28/01/89	BSc(hons), MSc, stdy MBA	NHS England-Manager	5' 04"
9173	21/10/78	LLB(hons)	Solicitor	5' 02"
9174	28/04/82	MA Sociology of Education	Team Manager - Local Authority	5' 06"
9175	04/10/91	BSc, MSC	Software Engineer Google	5' 07"
9176	29/01/88	BA(hons), Masters, PGCE	Teacher	5' 01"
9177	10/07/79	BA Tourism Management	Onboarding Co-ordinator Airline	5' 03"
9178	25/12/85	MBChB, MRCP	Doctor Senior Registrar	5' 06"
9179	25/06/88	BSc Mathematics & Economics	Actuary	5' 08"
9180	21/10/93	Cache Level 3 Nursery Nurse	Local School	5' 00"
9181	31/07/91	BSc(hons) McOptom	Optometrist	5' 07"

9182	14/08/75	BSc(hons), MBA, PhD	Asso. Director-Gen. Medicine	5' 07"
9183	30/03/89	PG LLB, BA(hons) Criminal Justice	Probation Officer	5' 04"
9184	29/08/88	LLB	Contract Manager	5' 05"
9185	28/01/91	BSc, MBBS	Doctor	5' 3½"
9186	20/12/88	MA English	English Teacher	5' 02"
9187	07/03/88	BSc Psychology	Civil Servant	5' 05"
9188	28/08/74	BSc(hons) Physics	Account Director for global org	5' 6.5"
9189	03/09/96	BSc(hons) Economics	Trainee Accountant	5' 03"
9190	29/03/79	BSc(hons) Pharmacology	Senior manager	5' 07"
9191	03/11/77	Masters	Publishing	5' 07"
9192	28/02/86	degree	Local Government Officer	5' 05"
9193	26/03/85	LPC (GDL), BA(hons)	working in Legal Practice	5' 02"
9194	10/12/89	Bachelors deg, PostGrad	Special needs co-ordinator	5' 07"
9195	27/12/77	BSc Marketing & Tourism	Airline Administrator Heathrow	5' 04"
9196	09/09/87	BA, GDL Law, LPC	Contracts Specialist Oil & Gas	5' 02"
9197	15/10/87	BA English & History	Tax Consultant	5' 11"
9198	06/02/86	MBBS	GP	5' 03"
9199	21/07/92	BDS	Dentist	5' 04"
9200	03/07/93	MBBS, BMedSc	Doctor	5' 06"
9201	21/03/90	MSC International Marketing	Marketing Consultant	5' 4½"
9202	13/07/88	BSc(hons) Computer Science	IT Incident Analyst	5' 05"
9203	24/05/90	LLB(hons)	Lawyer	5' 05"
9204	28/05/95	LLB(hons)	Trainee Solicitor	5' 11"
9205	08/08/90	BSc Computer Sci & Accountancy	Senior Fixed Income Analyst	5' 08"
9206	08/02/86	LLB, LLM	Lawyer	5' 06"
9207	28/03/83	ACA, BSc Economics	Chartered Accountant	5' 02"
9208	12/04/78	BDS, MFGDP	Dentist	5' 7½"
9209	01/07/82	MBChB	Doctor	5' 03"
9210	09/07/82	BA(hons)	Civil Service-Central Govt.	5' 00"
9211	19/06/81	MBBS, MRCP	Consultant Paediatrician	5' 06"
9212	27/01/86	BA(hons), MSc Info. Systems	IT Project Manager	5' 08"
9213	08/02/84	Diploma	Civil Servant at FCO	5' 02"
9214	18/02/88	BA(hons), PGCE	Teacher	5' 05"
9215	11/04/78	BSc(hons)	Estate Agent	5' 02"
9216	28/03/86	BA(hons) Business Studies	Net-A-Porter IT Manager	5' 06"
9217	09/03/81	BA Politics, Philosophy, Economics	own consultancy business	5' 07"
9218	23/01/94	Bachelors Economics	Business Analyst	5' 02"
9219	04/09/92	BA(hons) Interior Architecture	Architectural Designer	5' 07"
9220	06/08/93	BSc Optometry	Optometrist	5' 04"
9221	15/04/93	MSc Law & Finance	Banker	5' 6½"
9222	17/04/96	BA(hons) Accounting & Finance	ACA Trainee Accountant	5' 05"
9223	18/01/96	Fd Nuclear Eng. & Chemistry	Health & Safety Advisor	5' 4½"
9224	28/12/94	MSc Mathematics	PhD Uni Leicester	5' 07"
9225	04/12/81	MSc Physics	Research Scientist	5' 09"
9226	30/05/87	LLB(hons)	Management Consultant	5' 04"
9227	16/08/93	LLB LPC	Solicitor	5' 05"
9228	04/08/81	BA, Diploma Teaching, B Ed	Language Teacher	5' 05"
9229	13/03/87	LLB, LLM, BVC	In House Legal Investment Bank	5' 06"
9230	13/03/90	BSc Mathematics	Chartered Accountant	5' 05"
9231	20/08/94	MBBS, BSc(hons)	NHS Doctor	5' 05"


9232	26/07/92	Degree(hons) Economics & Finance	Senior Credit Risk Analyst	5' 04"
9233	27/11/81	BSc Math&Management, ACA	Director	5' 06"
9234	29/06/88	MA history	Project Co-ordinator	5' 06"
9235	09/10/91	BSc, MSc	Mental Health	5' 11"
9236	31/05/86	BSc(hons), MSc Economics	own business-Subway Franchise	5' 3½"
9237	23/03/92	M Pharm	Self Emp-Pharmacist (Locum)	5' 06"
9238	17/05/90	BSc Mathematics	Investment Consultant	5' 04"
9239	27/01/80	BSc Sports Therapy	Self Employed Therapist/Trainer	5' 05"
9240	12/12/89	MSc Economics/Econometrics	Trader Financial Services	5' 06"
9241	12/11/92	BA(hons) Eng. Lit & Cretive Writing	Higher Education-Course Coord	5' 03"
9242	09/07/93	M Pharm	Hospital Pharmacist	5' 06"
9243	22/04/85	BA, M Phill	Publishing Manager	5' 05"
9244	23/08/95	LPC LLM	Trainee Solicitor	5' 02"
9245	16/03/90	BA	Data Analyst-Youth Offending	5' 06"
9246	21/02/86	MA, MSc. PhD	Government Research Labs	5' 05"
9247	05/10/89	BA(hons)	PA Admin/Practice Manager	5' 05"
9248	26/03/91	Mc Optom	Optometrist	5' 03"
9249	22/11/86	BSc Economics,MSc	Banking Treasury Support Ass.	5' 04"
9250	16/04/78	BA(hons) Accounts & Finance	Accounts Manager	5' 05"
9251	19/05/90	MSc(hons) Molecular Medicine	Scientist	5' 05"
9252	04/04/93	BA Business Management	Retail Management Manager	5' 01"
9253	19/06/87	ACCA	City Credit Capital	5' 04"
9254	12/08/86	BA(hons) French & Italian	Accenture IT Consulting	5' 07"
9255	21/05/84	CIPD Level 5	HR Assistant	5' 06"

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FREE ADVICE SERVICES AT THE GURDWARA

SERVICE	Location	Rate	Day	Time
Sikh Assisted Marriage Service	1st Floor Building	Daily	Mon - Sat Sunday	10 am - 1 pm 10 am - 3 pm
Legal Advice	Ground Floor	Every Second Thursday of the Month		
Note: This service has been discontinued.				
General Enquiries Office	Ground Floor Main Bldg	Daily	Mon - Sun	10 am - 6 pm
Metropolitan Police	Ground Floor Main Bldg	Weekly	Tuesday	11 am - 12pm
Home Office Immigration Enforcement (formerly UK Border Agency)	Ground Floor New Annexe	Weekly	Tuesday	10 am - 3 pm
Financial Advice & Estate Planning	Ground Floor New Annexe	On Demand		
Disability Network Hounslow	Ground floor New Annexe	Weekly	Friday	2 pm - 4.30 pm
Gurdwara Wellbeing Centre	Ground floor Main Bldg	Weekly	Sunday	11 am - 2 pm
Gurdwara Healthy Walks	Meet Ground Floor Foyer Main Bldg	Weekly	Thursday	10 am - 12 pm
Bereavement Service	On Demand			
Drug & Alcohol Addiction Service	On Demand			

Please note these regular Gurdwara Services are currently suspended, in compliance with the government requirements.

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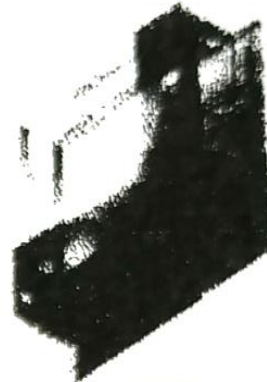
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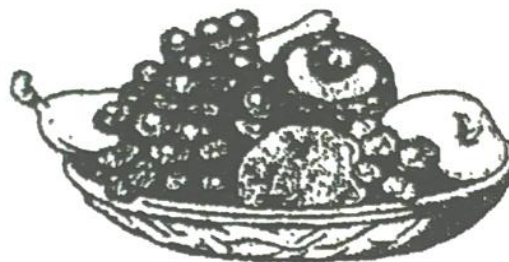
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